



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

954-993-1646

hello@BlueCouchTherapy.co

BlueCouchTherapy.co

Improving Study Skills

Here are 10 simple study skills that work well for learners of almost any age:

1. **Study a Little Every Day**

Short, regular study sessions (30-60 minutes) are usually more effective than trying to learn everything at once. Reviewing often helps information stay in your memory.

2. **Take Notes in Your Own Words**

Instead of copying everything, rewrite ideas using words you understand. This helps you process and remember the information.

Example-Textbook:

"Plants use sunlight, water, and carbon dioxide to make their own food through photosynthesis."

Your Notes:

"Plants make their own food by using sunlight, water, and air (carbon dioxide)."

3. **Practice What You Learn**

Answer practice questions, solve problems, use flashcards, or explain the topic without looking at your notes. Practicing helps strengthen your understanding. Do this out loud.

4. **Remove Distractions**

Study in a quiet place when possible. Put your phone on silent, close unnecessary tabs, and keep only the materials you need nearby so it's easier to focus.

5. **Review Before You Finish**

Spend the last 5–10 minutes of each study session reviewing your notes, checking what you've learned, and identifying anything you want to practice next time. Regular review helps improve long-term recall. Use the Study Guide worksheet to stay on track of this.

6. **Set One Goal for Each Study Session**

Decide what you want to accomplish before you start, such as learning five new vocabulary words or completing one chapter.

7. **Break Big Tasks into Smaller Steps**

Large assignments can feel overwhelming. Divide them into smaller, manageable tasks and complete one step at a time.

8. **Ask Questions When You Don't Understand**

If something is confusing, ask a teacher, parent, tutor, classmate, or look for a trusted resource. Use AI, YouTube, a dictionary, or anything that can help. Asking questions helps clear up misunderstandings early!

9. **Take Short Breaks**

After studying for about 20–30 minutes, take a 5-minute break to stretch, walk around, or rest your eyes. Then RETURN to your work refreshed.

10. **Stay Organized**

Keep your notes, assignments, and study materials in folders, binders, or digital files. Being organized makes it easier to find what you need and reduces stress before quizzes and tests.